

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

1. – 26. (cancelled)

27. (new) A biofeedback system in a computer network for treating emotional or neurological tension in a user comprising:

a programmably controlled computer means coupled to the computer network for executing an interactive program to generate a modifiable treatment of mental tasks for reduction of emotional or neurological tension personalized to the user; and

at least one sensor responsive to emotional or neurological tension in the user to provide the automatic biofeedback input to the computer means;

where the programmably controlled computer means monitors compliance by the user with the treatment of emotional or neurological tension reduction, and

where the treatment is modifiable according to the compliance of the user with the treatment, according to:

the performance of the user in the treatment for emotional or neurological tension reduction;

situational events to which the user is subjected;

biofeedback from the user during performance of treatment for the emotional or neurological tension reduction or at times other than during the

performance of the treatment for emotional or neurological tension reduction;
and/or

information input into the computer by the user relating to personalized
emotional or neurological characteristics of the user.

28. (new) The system of claim 27 where the programmably controlled computer means coupled to the computer network for executing a program to generate a modifiable treatment of mental tasks comprises a programmably controlled computer arranged and configured to provide a treatment comprised of tasks for breathing, relaxation, concentration, or meditation.

29. (new) The system of claim 27 where the treatment is modifiable according to the compliance of the user with the treatment according to information input into the computer means by the user relating to personalized emotional or neurological tension related history of the user.

30. (new) The system of claim 27 further comprising a remote server hosting the program to generate a modifiable treatment of emotional or neurological tension reduction personalized to the user.

31. (new) The system of claim 30 wherein the program is downloaded by the user from the remote server via the computer network and is run on the computer means.

32. (new) The system of claim 30 wherein the program is run directly from the remote server via the network.

33. (new) A method of reducing emotional or neurological tension in a user using a computer network comprising:

automatically inputting data indicative of emotional or neurological tension in the user from sensors communicated with the user into the user's client computer coupled to the computer network;

receiving signals indicative of emotional or neurological tension from the user through the user's client computer;

generating a modifiable treatment of mental tasks for reduction of emotional or neurological tension personalized to the user to be performed interactively by the user by use of the client computer based on the data indicative of emotional or neurological tension in the user;

monitoring compliance by the user with the treatment; and

modifying the treatment according to the compliance of the user with the treatment, according to the performance of the user during the treatment, according to situational events to which the user is subjected, according to biofeedback from the user during performance of the treatment or at times other than during the performance of the treatment, according to information input into the computer by the user relating to personalized emotional or neurological tension characteristics of the user, and/or according to information input into the client computer by the user relating to personalized history of emotional or neurological tension in the user.

34. (new) The method of claim 33 wherein the treatment personalized to the user is generated on a remote server coupled through the computer network to the user's client computer.

35. (new) The method of claim 33 wherein the treatment personalized to the user is generated on the user's client computer.

36. (new) The method of claim 33 wherein monitoring compliance by the user with the treatment on the user's client computer is performed on a remote server via the computer network.

37. (new) A biofeedback system in a computer network for treating emotional or neurological tension in a user comprising:

a programmably controlled computer means coupled to the computer network for executing an interactive program to generate a dynamically modified of mental tasks comprised of tasks for breathing, relaxation, concentration, or meditation for reduction of emotional or neurological tension personalized to the user, the programmably controlled computer means receiving biofeedback input from the user, the programmably controlled computer means monitoring compliance by the user with the treatment, the treatment being modified according to the compliance of the user with the treatment, user's emotional or neurological tension status, and/or user performance, and

at least one sensor communicated with the programmably controlled computer means to sense emotional or neurological tension in the user to provide the automatic biofeedback input to the programmably controlled computer means.

38. (new) A method of reducing emotional or neurological tension using a computer network comprising:

automatically inputting personal emotional or neurological tension factors relating to a user from at least one sensor through a user's client computer coupled to the computer network;

receiving emotional or neurological tension feedback signals from the user through the user's client computer;

generating a modifiable treatment of mental tasks for reduction of emotional or neurological tension personalized to the user and to be performed interactively by the user by use of the computer based on personal emotional or neurological tension factors relating to the user;

monitoring compliance by the user with the treatment of mental tasks on the user's client computer; and

modifying the treatment according to the compliance of the user with the treatment, the user's emotional or neurological tension status and/or user performance.